

Chicken

Chicken and Rice Jambalaya

Rocco Dispirito for The Associated Press
Palm Beach Post

Servings: 4

Preparation Time: 30 minutes

4 large boneless/ skinless chicken thighs, cut into 2-inch chunks
salt
ground black pepper
1/2 tablespoon olive oil
3 ounces chicken-and-turkey andouille sausage, cut into 1-inch slices
1 teaspoon adobo powder
1/4 teaspoon chipotle chili powder
1 1/2 cups yellow onions, chopped
1 cup red bell pepper, chopped
2 cloves garlic, minced
2/3 cup reduced-sodium chicken broth
2 packages (8 oz ea) Miracle Rice, rinsed
1/2 cup canned black beans, drained

Season the chicken with salt and pepper.

In a large nonstick saute' pan over medium-high, heat the oil. Once the oil has started to smoke, add the chicken. Brown the chicken for 2 to 3 minutes, turning the pieces once.

Remove the chicken from the pan and add the sausage, browning it for about 1 minute, turning the pieces once.

Add the adobo and chili powder and cook for 30 seconds.

Add the onions, then reduce the heat to medium-low and caramelize them slowly until soft and browned, about 6 to 8 minutes.

Add the peppers and garlic and cook until soft, about another 2 minutes.

Add the browned chicken, chicken broth, Miracle Rice and black beans. Bring to a simmer.

Simmer, uncovered, over medium to low heat for about 5 minutes or until the chicken is cooked through and the sauce is slightly thickened.

Season with salt and pepper and divide between four serving bowls.

Per Serving (excluding unknown items): 77 Calories; 2g Fat (23.8% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.